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FOR METROPOLITAN NURSES

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LILLIAN D. WALD

1867 - 1940

IN MEMORIAM

A TRIBUTE TO MISS WALD

On Sunday night, September 1, 1940, the light that was Lillian Wald was extinguished and with it, passed one of the noblest and most useful Americans of her generation. Her services were many. It would be impossible to list them all but we shall always think of her as the founder of the Henry Street Settlement, a leader in every social advance in New York City and as the creator of the visiting nurse service of the Settlement which early became a model for similar organizations throughout the nation and the world. She suggested and organized the first school nursing unit; she was instrumental in founding the Children's Bureau in Washington; she fought child labor and she furthered decent housing for the people. Her creative mind contributed to much else of public value but perhaps her most important contribution was the inspiration of thousands of people who came under her influence, rich and poor alike, to a nobler conception of life in a democracy.

We in the Metropolitan are especially grateful to Lillian Wald because it was she who first suggested our own Visiting Nurse Service. Early in 1909, when Dr. Frankel was laying the foundations of our Welfare Division, she outlined the type of relationship between our Company and the visiting nurse service of Henry Street which became the basis for a contract. This simple idea, begun tentatively and on a small scale in New York, was so essentially sound that the method soon spread to all corners of the country. At the present time, 1,187 Nursing Centers offer nursing service to more than 18 millions of our policyholders. This creative suggestion may well prove to be her greatest monument because through this partnership of visiting nurse associations and the Metropolitan Life Insurance Company has come an extraordinary development of public health nursing work throughout the United States and Canada. The financial support which the Company has given to nursing organizations running into many millions of dollars in the last 30 years, has made it possible for many of them to extend their operations, to improve their personnel, and to establish higher standards of service. If public health nursing has developed farther here than anywhere else - and Dr. William H. Welch, the great Dean of Johns Hopkins, called this America's greatest contribution to modern medicine - it is because Lillian Wald for more than 40 years stood behind this development as its creator and as its most powerful directing force.

In her life, we have an extraordinary illustration of the practical value of vision and love for distressed humanity. To have seen her was an inspiration; to have known her, a blessing.

Louis J. Dublin

Third Vice-President and Statistician

From a letter to Lillian D. Wald from Lee K. Frankel, December, 1927:

"Of the old-time group, you and I are among the very few left. It is really a great satisfaction to realize that it was the inspiration of the things you attempted 30 years ago that gave me the ambition to try and emulate you, at least in part."

A C H A L L E N G E

HEALTH AND MEDICAL PREPAREDNESS

(A condensation of Surgeon General Parran's address delivered before the New York State Conference of Health Officers and Public Health Nurses, Saratoga Springs, N. Y., June 25, 1940.)

A clarion call summoning the nation's medical and public health professions to rally to the cause of defense was sounded by the Surgeon General in his recent address entitled "Health and Medical Preparedness." This address is certainly one of the most forceful appeals that has been voiced by anyone since the question of preparedness has occupied the limelight. The speech leaves no doubt in the mind of anyone that there never was a time when the efforts of medical and public health workers would count for more than in the present crisis. Following is a brief abstract of the address.

"Because democracy is a thing that we must constantly fight for, doctors and nurses - though traditionally servants of peace - must arise when the time comes and help to build up the national strength. National strength can be achieved only by the adequate application of all the sciences to the provision of armament, munitions and supplies, food and manpower. Building up manpower is the job that falls to the medical and public health professions. Without manpower - without men, women, and children who are physically fit, free from preventable disease, of sound morale or mental stamina - all other defense efforts are futile. If we are not physically tough, mentally sound, and morally strong we can, in the words of Mr. Archibald MacLeish, Librarian of Congress, 'leave our planes unbuilt and our battleships on paper for we shall not need them.'

"How is manpower to be built up? One way is through coordinated action on

the part of many unrelated Federal agencies that at present are charged with health services. Each of these agencies can perform only certain functions specified by law. What is needed is a closer working integration among all agencies - the Federal agencies, the State health departments, the voluntary associations, and the great public-spirited foundations set up to promote health and welfare. Thus, there is vital need for the appointment of a coordinator of medical and health preparedness under the National Defense Council.

"The tasks awaiting such a coordinator are many. First, there is need for listing and classifying professional and technical personnel; for planning and aiding, if and when necessary, the recruitment and mobilization of medical and health personnel.

"Another urgent task involves the health of industrial workers. With the vast expansion of war industries, many new industrial hazards will appear and familiar ones will be intensified. Industrial hygiene measures and thorough health supervision will be required to keep highly skilled employees mentally and physically fit.

"Certain diseases of particular military importance will again demand the utmost attention - the venereal diseases, tuberculosis, malaria, mumps, meningitis, influenza, typhoid, smallpox, tetanus, and many others. Against some of these we have certain immunization measures of proved value. Against others we are not so well fortified. Our supply of quinine and atabrine may be cut off at

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any time due to international conditions. Our store of morphine is sufficient to last only three years. To-day we have in this country only enough yellow fever vaccine to immunize one regiment! Against influenza we still have no effective means of prevention and control. Thus it is evident that research must be accelerated for it may well be that the nation which first learns how to control influenza will by this knowledge tip the scale toward victory in the wars ahead. Until recent months we could expect aid from medical discoveries in our sister democracies. Now we alone must carry the burden.

"For every million men mobilized, 7,500 doctors will be required, not only to weed out the physically unfit but to keep those retained in good physical condition. Dentists, nurses, and sanitary engineers will be necessary also. But if we repeat the experience of the last war whole countries will be depleted of doctors, the ranks of medical students will be thinned out. We should not again make the mistake of disrupting essential medical services for civilians. We should investigate who should go, who should stay to practice. Here again are tasks for the coordinator.

"Another problem demanding prompt attention is that of nutrition. Studies made by the Department of Agriculture show that 40 percent of our people

are now inadequately nourished. Eight out of 10 in this category do not have an income sufficient to purchase, at market prices, a diet adequate in amount and kind; this in spite of the fact that the foods of which the nation has an apparent surplus are those in which the dietary of so many is deficient - milk and milk products, citrus fruits, green vegetables, and meat. We need an intensive national drive, with rigid scientific controls, to use the food we have to improve the fitness of our manpower.

"Today we cannot afford controversies over the type of medical practice that will best serve the nation in this emergency, or over the free choice of physician, and other cherished principles. In face of the danger we must unite in the democratic way for national safety.

"If our democracy is to stand, medical science must be put to work now, fully, to make our men as good as our machines."

(Dr. Parran's address was printed in full in the Journal of the American Medical Association, July 16, 1940. We urge you to read this forceful statement in its entirety.)

John Lentz
Welfare Division

EXHIBITS IN SALT LAKE CITY

"Graduate Nurse Week" in Salt Lake City, sponsored by the local branch of the League of Nursing Education and of the Private Duty Section of the American Nurses Association, was celebrated in May.

Metropolitan Nurses joined with nurses of the American Red Cross in arranging an attractive booth in the Tribune Building where Miss Katherine Laux, Local Supervisor, and Mrs. Hattie Solomon exhibited a nurse's bag, a doll in uniform,

ALL IN THE DAY'S WORK

and certain articles of nursing equipment which can be improvised in the home. Four window display posters were used, including the Company's newest nursing poster "Skilled Hands," which brought forth much favorable comment.

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In June the Metropolitan Nursing Service took part in the Institute on Education for Family Life in Salt Lake City. The theme was "Interpreting Democracy in Family Life" and Dr. Flora Thurston, Professor of Home Economics, Cornell University, was the Conference Leader.

The University asked Miss Laux to prepare an exhibit showing how rooms can be organized to isolate the patient and to keep the rest of the house free of contamination. Miss Laux was given a large stage partitioned to make two rooms and these were completely furnished by a local furniture store as living room and bedroom. Miss Laux was able to present the entire communicable disease set-up with the usual equipment found in any home. Metropolitan posters were in evidence and Miss Laux and Mrs. Solomon attended the exhibit to answer questions.

There was excellent attendance and interest. The nurses have been asked to duplicate the exhibit for the Utah State Nurses' Convention in October.

METROPOLITAN NURSES MAN A FIRST-AID STATION

Late in the afternoon of July 30th there was a terrific explosion in a chemical plant in Camden, N. J., followed by fire which spread throughout the residential section surrounding the factory.

The following morning the fire was still raging. Ten people had been killed and scores injured. As Hortense Gruber, Local Field Supervisor, was on vacation, Margaret Leddy, Territorial Supervisor, who happened to be in the Home Office, was sent at once to the scene of the disaster and arrived at noon. Miss Leddy had formerly been a Staff Nurse and then a Local Supervisor in Camden for several years.

She went to the health department to offer the services of the Metropolitan Nurses in giving first aid to the firemen, policemen, and civilian volunteers who were fighting the fire. She learned that all the first-aid

stations were set up in a restricted zone extending for blocks around the plant.

Miss Leddy and Katherine Christ, the Nurse in charge of the Camden staff, went to a first-aid unit directly across from the burning buildings. Miss Brown, Director of Nurses at the West Jersey Hospital and also Chairman of the Camden County Red Cross Nurses in Southern Jersey, was in charge of this unit.

The first question Miss Brown asked Miss Leddy was "Are you an enrolled Red Cross nurse?" Miss Leddy was glad she could answer "Yes." Shortly afterward Miss Brown admitted that the nurses on duty at the station were exhausted and Miss Leddy took charge.

Metropolitan Nurses were the only ones on duty at that station throughout the night. Anne Michels and

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Catherine Healy were on duty the first part of the night and Emma Cool and Mary Henley came on duty later in the evening and stayed until morning. Miss Leddy and Miss Christ stayed on the job for the entire time.

One fireman, having his legs bandaged, was worried because Miss Leddy wore a blue uniform instead of the usual

white uniform of a graduate nurse. "Are you sure you're a nurse?" he asked anxiously.

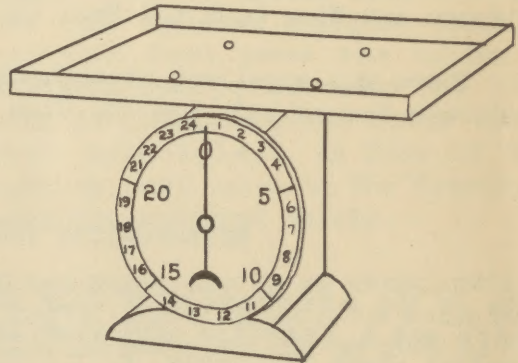
"Sure," said Miss Leddy, "I'm a Metropolitan Nurse."

The man gave a sigh of relief. "That's all right then," he said. "I'm a Metropolitan policyholder."

FATHER MAKES A BABY SCALE

"From the local 'Five and Ten' get a flat cookie tin - the largest size - which costs 20 cents. From the hardware or department store get a household scale, for about a dollar. Bore holes in the scale's metal tray and corresponding holes in the cookie tin and put them together with short screw-bolts and nuts. The total cost is about \$1.20 and makes a baby scale just as satisfactory as one costing \$4.00."

Reported by Ruth Kouschuetsky
Akron, O.



Good for Father! Now get Mother to read Healthy Babies Are Happy Babies, by Josephine H. Kenyon, M. D., published by Little, Brown and Company and sold for \$1.50. Some mothers remind us of Sweet Alice, with the baby scale doubling for the irresistible Ben Bolt. Remember?

"She wept with delight if you gave her a smile
And trembled with fear at your frown."

Mothers, and fathers too, need an appreciation of the importance of factors other than weight. They should own and read frequently Dr. Kenyon's popular and valuable book.

The Difficult is that which can be done immediately;
the Impossible that which takes a little longer.

- George Santayana

(Quoted in Sales Gossip.)

ALL IN THE DAY'S WORK

HUDSON COUNTY'S STAFF EDUCATION PROJECT

Nurses of the Hudson County, N. J. Metropolitan Nursing Service are enjoying their staff education program. They have enrolled in an extra-mural course offered by Teachers College, Columbia University. The course is "Educational Psychology" and is being given at the Metropolitan Nursing Office in Jersey City. The first session was held on September 24th - 3:30 to 5:30 - and there are 22 Nurses enrolled. Dr. Gertrude Hildreth is the professor. For those qualified to matriculate, the successful completion of the course will give two points of college credit. The course costs each Nurse \$25. The college provides the reference books. Dr. Hildreth has given

a similar course to another group of nurses and seems especially able to understand the problems which nurses face.

Perhaps the most interesting phase of this staff education program is the fact that it is a group project. The Nurses met to consider programs of study available from four universities, and, having discussed the various possibilities, they voted, with Home Office approval, to invite Teachers College to give this course in "Educational Psychology." An invitation to join the group was extended to some nearby Metropolitan Services and to local community nursing staffs.

A REMINDER

Nurses of the Eastern Area wishing a leave of absence for study should keep the following days in mind:

Requests for a leave of absence during a fall semester must be submitted to Miss Reid by June 1st, for a spring semester by September 1st, and for a summer school session by March 1st.

Nurses in the Pacific Coast and Canada should submit similar requests to Mrs. La Malle and Miss Ahern respectively.

We record with sorrow the death of Elizabeth Stringer, recently Executive Director of the Visiting Nurse Association of Brooklyn, N. Y. on July 7th in Brooklyn, after an illness of several months. Miss Stringer's association with the Metropolitan began in 1914 when she was appointed one of the first three Territorial Supervisors of the Metropolitan Nursing Service.

In 1916 Miss Stringer began her long term of community service with the Brooklyn Visiting Nurse Association. She continued to keep closely and helpfully in touch with developments in the nursing work of the Metropolitan through the affiliation between the two organizations, for 24 years.

Among the honors which came to her in her full professional life, Miss Stringer was probably most touched by the confidence expressed in her by the physicians of Brooklyn when they appointed her the first woman member of the Medical Society of the County of Kings.

FROM THE MAIL DESK

"SENSITIVITY TO PROBLEMS IN THE HOME"

Dear Miss Haupt:

I want to tell you of an experience I had. You know, amusing things happen quite often to enliven one's days, but this experience was pathetic rather than funny.

My maternity patient's 2-year-old nephew, who lived in Minneapolis, was staying with her. He always stood by my side to watch me bathe the baby. About the third day it dawned on me that the little boy, unlike most children, who are always chattering and asking questions, never talked. I spoke to the aunt about it. "Oh, he never has talked," she said. "They say he isn't bright." He looked very bright to me.

I took him on my lap when I had finished with my patient and looked in his mouth. I had never seen such a complete tongue tie! The doctor came in soon after that and I asked him to look at the little boy's tongue. "No wonder the child can't talk," said the doctor.

Last week I was in the same home again and asked my patient what she had heard about the little boy. She said his mother had taken him to a doctor. A minor operation had loosened his tongue and he was learning to talk very well.

It was such a satisfaction to know this. I thought it was worth writing about.

Claire Swanman
Stillwater, Minn.

We share Mrs. Swanman's feeling of satisfaction as we report this concrete example of a phrase we often hear: "The preventive aspects of public health nursing." Here probable maladjustment and misery was prevented by a Nurse's intelligent observation and prompt referral to a doctor for diagnosis and treatment.

MISS MARJORIE ADAMS JOINS THE METROPOLITAN NURSING SERVICE

On September 9th, Miss Marjorie L. Adams joined the Nursing Service staff and began her initiation into the work of Territorial Supervisor with a month of study and conferences in the Home Office. Miss Adams is a graduate of the Children's Hospital School of Nursing, of Boston; had her staff experience with the Boston Community Health Association; followed by six years as field supervisor with the Springfield, Mass. Visiting Nurse Association; and four years as a supervising nurse with the Division

of Child Hygiene of the Massachusetts State Department of Public Health. Miss Adams has found time during these busy years to take college work at Simmons, Boston University, Springfield College, and Columbia. She graduated from Teachers College in June 1940 with a B. S. degree, having majored in supervision in public health nursing. The Quarterly Bulletin salutes Miss Adams and extends a cordial welcome to her. She will begin her Metropolitan service in New York State.

NEWS REEL

CHANGES IN ASSIGNMENT

Mrs. Elizabeth Betscher, Head Nurse, Metropolitan Nursing Service, Hyattsville, Md., to Head Nurse, Hudson County Metropolitan Nursing Service, N. J.

Bivion Kimbrell from Staff Nurse, Atlanta, Ga., to Acting Local Supervisor, Memphis, Tenn.

Elizabeth Vickers from Local Supervisor, Baltimore County Metropolitan Nursing Service, to Acting Local Field Supervisor, Baltimore County, Md.

Henrietta Bonheyo, Territorial Supervisor for New York State has taken over the Atlantic Coast Territory, while Grace Anderson returns for the winter term to the University of Pennsylvania to continue her public health nursing studies.

Mrs. Jean Roberts, Local Supervisor, Metropolitan Nursing Service, Los Angeles, Calif., to the Pacific Coast Head Office as Assistant to Mrs. La Malle, Superintendent of Nursing for the Pacific Coast.

Katherine Laux, Local Supervisor, Salt Lake City, Ut., to Local Supervisor, Los Angeles, Calif.

Kathleen Preshaw from Staff Nurse, Los Angeles, Calif., to Head Nurse, Salt Lake City, Ut.

Best Wishes and Congratulations

The many friends of Elizabeth Rohrbach, Local Field Supervisor, Los Angeles, Calif. will be pleased to learn of her marriage to Mr. Charles Hodgdon, an architect formerly of Chicago, Ill. and now of San Gabriel, Calif. We send them the congratulations and best wishes of the Nursing Bureau and Welfare Division.

Miss Marie Knowles, formerly Assistant Director of the Community Health Association, Boston, was appointed May 23, 1940 to succeed Miss Elizabeth Stringer as Executive Director of the Visiting Nurse Association of Brooklyn, N. Y.

Miss Knowles was a guest of the Metropolitan Nursing Bureau at a luncheon on July 31st in the Home Office. This occasion gave her an opportunity to meet Officers of the Welfare Division, members of the Nursing Bureau and a few guests from local cooperating agencies.

Have you the latest revisions of the following Metropolitan booklets: Rheumatism, A Message of Hope About Cancer, Whooping Cough, and Three Meals a Day? New inside and out, they are well worth your attention.

BOOK ENDS

"CREDIT LINES"

"We stuck our necks out and accepted the editorship of 'Credit Lines'." This was the comment made by Dr. Armstrong in an informal announcement that he and Mr. John Lentz, of the Welfare Division's editorial staff, had agreed to edit a new section of the American Journal of Public Health. "Credit Lines" made its bow in the September issue of the Journal and will appear hereafter each month. The new section supplants another feature of the Journal of long standing - "Health Education and Publicity Notes," which was discontinued upon the death of its editor, Mr. Evert G. Routzahn. The A.P.H.A. editorial staff agreed to revive the health education section in response to a demand from the readers of the Journal. It was agreed, however, that the scope of the section might well be broadened to reflect other interests in the public health field aside from health education. This

necessitated the choice of an editor with a breadth of interests, who would be actively in touch with all phases of public health. The Journal has expressed editorially its gratification in securing Dr. Armstrong's consent to take over "Credit Lines" and we are sure that our Nurses will likewise concur.

"Credit Lines" will attempt to fulfill its editorial mission each month by presenting a diversified collection of material of interest to health officers, nurses, health educators, and others in the field. The editors will welcome material from our Nursing staff. Items concerning any new developments that you may encounter, a joke with health implications, an amusing comment, a personal item, may all be grist for the mill of "Credit Lines." Contributions may be sent direct to either Dr. Armstrong or Mr. Lentz.

THE PUBLIC HEALTH NURSE AND HER PATIENT*

This book by Ruth Gilbert is very well-designed to increase the effectiveness of public health nursing.

Miss Gilbert, who by experience is familiar with the daily challenges of work in the field, is well aware of our desire for a few definite guideposts or "commandments" that would insure our success. She disposes of our wishful thinking in the first chapter and in a kindly, sympathetic way leads us to see that public health nursing can be at its best only when it retains and further develops its creative approach to each patient as a unique being. Equally necessary and more difficult is the nurse's acceptance of herself as a unique person with her own powers and weaknesses. Miss Gilbert's subject may be "mental hygiene" but she never lets us forget that mental hygiene is not a new work routine. It is rather a point of view or an attitude capable of dynamic force. She shows us how the nurse who develops this viewpoint learns to appreciate the continuity in the lives of her patients so that her contact is not an interruption of those lives but a helpful fitting-in.

* The Public Health Nurse and Her Patient, by Ruth Gilbert, R. N. The Commonwealth Fund, New York, N. Y., 1940. \$2.25.

BOOK ENDS

Miss Gilbert discusses the emotional component of illness. She shows, by many examples, that nurses give their work greater depth, accuracy, and vitality when they can recognize and deal with the emotional as well as the physical aspect of illness.

It is always easier to recognize the ways in which the patient's attitude influences his recovery, than it is to weigh the effect upon the patient of the nurse's reactions to her own experiences. Miss Gilbert deals with this problem thoughtfully and shows how frank self-analysis on the part of a nurse may lead to recognition, acceptance, and intelligent dealing with the problem. The book is rich in case material and all of us are bound to find familiar situations described. The chapter on building a relationship between nurse and patient is particularly valuable in its concrete suggestions.

Metropolitan Nurses will be interested in Miss Gilbert's constructive comments on pages 325 to 327 upon the use of "descriptive measures" by the Metropolitan Life Insurance Company's Nursing Service.

Franziska Glienke
Territorial Supervisor

WHOOPING COUGH

1. There are approximately 200,000 cases of whooping cough each year in the United States and over 4,500 deaths.
2. Eighty-five percent of the deaths occur in children of less than 2 years of age. Young children should be kept away from all possible exposure to whooping cough.
3. Contrary to general belief, whooping cough is not seasonal but the incidence is fairly uniform throughout the entire year.
4. A child with whooping cough is a sick child and should be under medical supervision and have good general care.

These facts are the background of a special whooping cough program being carried on by the Field Staff throughout the country during the month of October. Any encouragement and help which you as a Nurse can give to the Manager and staff in carrying on this worthwhile undertaking will be appreciated.

ANNOUNCEMENT

AN INDEPENDENT ESTIMATE

If you have not already done so, read without further delay the inspiring article, "An Independent Estimate of Nursing in Our Times," which appeared in both the American Journal of Nursing and Public Health Nursing for July. Alan Gregg, M. D., Director for the Medical Sciences,

Rockefeller Foundation, New York, N. Y. has gone to the heart of the matter of nursing in this paper, which was presented at the Red Cross section of the Biennial Convention of the three national nursing organizations in Philadelphia in May 1940.

You are cordially invited to attend
a benefit dance and card party to be given by
THE NURSES OF THE METROPOLITAN LIFE INSURANCE COMPANY
for
NURSES' HOUSE, BABYLON, L. I.
and for
THE AMERICAN RED CROSS FOR THE RELIEF OF WAR SUFFERERS
at
THE HOTEL ROOSEVELT
on
Friday Evening, October 25, 1940
9:00 p.m. to 2:00 a.m.

So runs the invitation to a party for which Metropolitan Nurses of the Nursing Bureau and the Home Office Medical Division have been working for months. Honorary Chairmen are Miss Harris, Head Nurse, Home Office Dispensary; Miss Haupt, Director of Nursing Bureau; Miss Hearn, House Mother. Margaret Reid is Chairman with Hedwig Gnewuch, Vice-Chairman. The Committee has a treasurer, vice-treasurer, secretary, and five other active members and includes representatives from the two Long Island staffs, Hudson County, and Camden, N. J.

Patrons include Metropolitan Officers, Medical Directors, and several Superintendents of Agencies. The New York Managers are loyally cooperating.

The idea of a benefit dance and card party originated with the Eastern Long Island Metropolitan Nursing Service of which Monica Moore is Local Field Supervisor. Miss Moore had taken an active part in a very successful benefit given by Metropolitan Nurses in 1933 which cleared \$1,000. She felt sure we could do even better this time.

The Quarterly Bulletin hopes that all Metropolitan Nurses who can do so will come, will invite their friends, and that they will spread the news to other nursing organizations and schools of nursing. Each ticket costs \$1. Private tables for cards may be reserved by writing to Hedwig Gnewuch, at the Home Office, who will also send you your tickets upon receipt of a check.

Let's all get together and make this Benefit a grand success for two splendid organizations - the Nurses' House and the American Red Cross.